

*Patient Self-Determination Act
(PSDA) Brochure from USC
Pacific Center for Health Policy
and Ethics.
http://lawweb.usc.edu/Pacific_Center*

Complaints concerning
noncompliance with the
advance directive requirements
may be filed by phone or by
mail as follows:

*California Department
Of Public Health
Licensing and Certification
P.O. Box 997434
MS 3202
Sacramento, CA 95899-7434
1-800-236-9747*

**Patient's Rights Advocate
(707) 463-4614**

**Mendocino County Mental
Health Plan (MHP) offers free
Language Line, interpreter
assistance, American Sign
Language, and California Relay
Services (TTY/TDD) for
beneficiaries requesting or
accessing services.**

**These services may be requested
at any Mental Health Plan
Provider site or by calling 1-800-
555-5906.**

Revised 12/5/18

**Health & Human Services
Agency
Behavioral Health & Recovery
Services
Mental Health Plan**



**Your Right
To Make Decisions
About
Medical Treatment**

**Mental Health Plan 24 hour Access Line
1-800-555-5906 (Toll free)**

This form is available in large print
and audio. Please see the
receptionist or call
1-800-555-5906.

Sí Usted Habla Español. Esta
información está disponible en
español, por favor vea la
recepcionista o llame 1-800-555-
5906

This document explains your right to
make healthcare decisions and how
you can plan now for your medical
care if you are unable to speak for
yourself in the future.

*A federal law requires us to give you
this information. We hope this*

*information will help increase your
control over your medical treatment.*

Who decides about my treatment?

Your doctors will give you information
and advice about treatment. You have
the right to choose. You can say
“Yes” to treatments you want. You
can say “No” to any treatment that you
don’t want – even if the treatment
might keep you alive longer.

How do I know what I want?

Your doctor must tell you about your
medical condition and about what
different treatments and pain
management alternatives can do for
you. Many treatments have “side
effects”. Your doctor must offer you
information about problems that
medical treatment is likely to cause
you. Often, more than one treatment
might help you and people have
different ideas about which is best.
Your doctor can tell you which
treatments are available to you, but
your doctor can’t choose for you. That
choice is yours to make and depends
on what is important to you.

**Can other people help with my
decisions?**

Yes. Patients often turn to their
relatives and close friends for help in
making medical decisions. These
people can help you think about the
choices you face. You can ask the
doctors and nurses to talk with your
relatives and friends. They can ask
the doctors and nurses questions for
you.

**Can I choose a relative or friend
to make healthcare decisions for
me?**

Yes. You may tell your doctor that
you want someone else to make
healthcare decisions for you. Ask
the doctor to list that person as
your healthcare “surrogate” in your
medical record. The surrogate’s
control over your medical decisions
is effective only during treatment
for your current illness or injury or,
if you are in a medical facility, until
you leave the facility.

**What if I become too sick to
make my own healthcare
decisions?**

If you haven’t named a surrogate,
your doctor will ask your closest
available relative or friend to help
decide what is best for you. Most
of the time that works, but
sometimes everyone doesn’t agree
about what to do. That’s why it is
helpful if you can say in advance
what you want to happen if you
cannot speak for yourself.

**Do I have to wait until I am sick
to express my wishes about
healthcare?**

No. In fact, it is better to choose
before you get very sick or have to
go into a hospital, nursing home, or
other healthcare facility. You can
use an Advance Health Care
Directive to say who you want to
speak for you and what kind of
treatments you want. These
documents are called ‘advance’

because you prepare one before healthcare decisions need to be made. They are called ‘directives’ because they state who will speak on your behalf and what should be done. In California, the part of an advance directive you can use to appoint an agent to make healthcare decisions is called a Power of Attorney for Health Care. The part where you can express what you want done is called an Individual Health Care Instruction.

Who can make an advance directive?

You can if you are 18 years or older and are capable of making your own medical decisions. You do not need a lawyer.

Who can I name as my agent?

You can choose an adult relative or any other person you trust to speak for you when medical decisions must be made.

When does my agent begin making my medical decisions?

Usually, a healthcare agent will make decisions only after you lose the ability to make them yourself. But, if you wish, you can state in the Power of Attorney for Health Care that you want the agent to begin making decisions immediately.

How does my agent know what

I would want?

After you choose your agent, talk to that person about what you want. Sometimes treatment decisions are hard to make, and it truly helps if your agent knows what you want. You can also write your wishes down in your advance directive.

What if I don’t want to name an agent?

You can still write out your wishes in your advance directive, without naming an agent. You can say that you want to have your life continued as long as possible. Or you can say that you would not want treatment to continue your life. Also, you can express your wishes about the use of pain relief or any other type of medical treatment. Even if you have not filled out a written Individual Health Care Instruction, you can discuss your wishes with your doctor, and ask your doctor to list those wishes in your medical record. Or you can discuss your wishes with your family members or friends. But it will probably be easier to follow your wishes if you write them down.

What if I change my mind?

You can change or cancel your advance directive at any time as long as you can communicate your wishes. To change the person you want to make your

healthcare decisions, you must sign a statement or tell the doctor in charge of your care.

What happens when someone else makes decisions about my treatment?

The same rules apply to anyone who makes healthcare decisions on your behalf – a healthcare agent, a surrogate whose name you gave to your doctor, or a person appointed by a court to make decisions for you. All are required to follow your Health Care Instructions or, if none, your general wishes about treatment, including stopping treatment. If your treatment wishes are not known, the surrogate must try to determine what is in your best interest.

The people providing your health care must follow the decisions of your agent or surrogate unless a requested treatment would be bad medical practice or ineffective in helping you. If this causes disagreement that cannot be worked out, the provider must make a reasonable effort to find another healthcare provider to take over your treatment.

Will I still be treated if I don’t make an advance directive?

Absolutely. You will still get medical treatment. We just want you to know that if you become too sick to make decisions,

someone else will have to make them for you. Remember that:

► A Power of Attorney for Health Care lets you name an agent to make decisions for you. Your agent can make most medical decisions – not just those about life sustaining treatment – when you can’t speak for yourself. You can also let your agent make decisions earlier, if you wish.

► You can create an Individual Healthcare Instruction by writing down your wishes about health care or by talking with your doctor and asking the doctor to record your wishes in your medical file. If you know when you would or would not want certain types of treatment, an Instruction provides a good way to make your wishes clear to your doctor and to anyone else who may be involved in deciding about treatment on your behalf.

These two types of Advance Healthcare Directives may be used together or separately.

How can I get more information about making an advance directive?

Ask your doctor, nurse, social worker, or healthcare provider to get more information for you. You can have a lawyer write an advance directive for you, or you can complete an advance directive by filling in the blanks on a form.

English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-555-5906 (TTY: 1-800-735-2929).

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-555-5906 (TTY: 1-800-735-2929).

繁體中文(Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-555-5906（TTY：1-800-735-2929）。

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-555-5906 (TTY: 1-800-735-2929).

한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-555-5906 (TTY: 1-800-735-2929) 번으로 전화해 주십시오.

Tagalog (Tagalog – Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-555-5906 (TTY: 1-800-735-2929).

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-555-5906 (телетайп: 1-800-735-2929).

فارسی (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما تماس (TTY: 1-800-735-2929) (1-800-555-5906) فراهم می باشد. ب بگیرید

日本語 (Japanese)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-555-5906（TTY:1-800-735-2929）まで、お電話にてご連絡ください。

हिंदी (Hindi)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-555-5906 (TTY: 1-800-735-2929) पर कॉल करें।

Հայերեն (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ` Եթե խոսում եք հայերեն, ասպա ձեզ անվճար կարող են տրամադրվել լեզվական ջանքերդան ծառայություններ: Ջանգահարեք 1-800-555-5906 (TTY (հեռախոյ)՝ 1-800-735-2929):

Hmoob (Hmong)

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-555-5906 (TTY: 1-800-735-2929).

ਪੰਜਾਬੀ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ 1-800-555-5906 (TTY: 1-800-735-2929) 'ਤੇ ਕਾਲ ਕਰੋ

العربية (Arabic)

إذا كنت تتحدث اذكر ال لغة، فإن خدمات المساعدة ال لغوية ت توافر ملحوظة: رقم هاتف ال صم وال بكم: (1-800-555-5906) اتصل برقم لك بالمجان. (TTY: 1-800-735-2929)

ภาษาไทย (Thai)

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-555-5906 (TTY: 1-800-735-2929).

ខ្មែរ (Cambodian)

ប្រយ័ត្ន៖ អ សើ ិនជាអ្នកនិយាយ ភាសាខ្មែរ , អសាជំនួយមននកភាសា ោយមិនគិត្ាន គីអាចមានសំរា់ ំអ អុើ នក។ ូ ូ ស័ព្ទ 1-800-555-5906 (TTY: 1-800-735-2929)។

ພາສາລາວ (Lao)

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-555-5906 (TTY: 1-800-735-2929).